



Team Handbook

www.aquasolswimteam.com

Team Philosophy 2

Coaching Staff 3

Team Structure and Group Descriptions 4-5

Group Placement and Advancement 6

Practice Information 7

Team Communication 8

Parent Responsibility 9

Parent General Information 10-11

Competition 12

Team Philosophy

Our Team

AquaSol is a competitive USA Swimming Team located in El Dorado County. We offer a comprehensive program for all athletes, from the beginner swimmer to the National level. Our team utilizes the CSD Community pool for our practice sessions. This is a 10 lane, 25 yard beautiful facility.

Mission

Our mission at AquaSol Swim Team is to use competitive swimming as a tool to empower individuals to reach their full potential in a safe sport environment where athletes, coaches, and families are committed to working together to achieve this goal.

Vision

Our vision is to create:

- A dynamic teaching and training environment for elite- and novice-level swimmers.

- A safe sphere in which motivated athletes, professional coaches, and supportive families work together to help every swimmer reach their full potential.

- A positive sport experience for all athletes to instill a life-long love of swimming.

Coaching Staff

AquaSol Swim Team coaches are USA Swimming registered and certified. In addition, our coaches have cleared a background check and have current Athlete Protection, USA Swimming SafeSport, Coaches Safety Training, CPR, and First Aid Certifications.

The coaching staff at AquaSol are experienced coaches who have a passion for swimming. Every member of our coaching staff is committed to bringing this passion into each practice, sharing our love of the sport of swimming with our athletes.

Coaching Staff and Practice Group

Darin Mai – Head Coach and Senior Lead Coach

Alan Rosenfeld – Senior 2 Lead Coach

Aimee Lehr – Head Age Group Coach and Junior Lead Coach

Brian Heise – Junior 2 Lead Coach

Patty Sullivan – Orange Lead Coach

Team Structure and Group Descriptions

Orange Group (Ages 5-8)

- Swimmers must be able to complete 12 ½ yards of freestyle and 12 ½ yards of backstroke to join this group.
- Swimmers can register for a MW or TTh practice session.
- Goal is to be a positive first time team experience for these young athletes with a focus on skill development.
- Swim meet participation for this group is encouraged.

Junior 2 Group (Ages 7-11)

- Swimmers must be able to complete 25 yards of each of the four competitive strokes to join this group.
- Training sets begin at this level, with the primary focus still on skill development. Dryland exercises and basic body movement introduced.
- Swimmers can register for a MWF or TThSat practice session.
- Swimmers are encouraged to attend all meets on the team schedule recommended for the Junior 2 group.

Junior Group (Ages 10-13)

- Entrance into the Junior Group is by invitation only based on skill level assessment at a tryout to match the more advanced training.
- Practice offering of 6 days per week (M-Sat). Swimmers are encouraged

to average 4/5 days of practice per week. Dryland exercises continue at this level with the goal of building strength and agility.

- Swimmers attend all meets recommended for the Junior group on the team schedule.
- Time Goals – Junior Olympic, A, and SWAGR standards.

Senior 2 Group (Ages 13-15)

- Swimmers in this group have demonstrated a desire to reach their competitive potential and train at a higher level.
- Entrance into the Senior 2 Group is by invitation only based on skill level assessment at a tryout.
- Practice offering of 6 days per week (M-Sat). Swimmers are encouraged to average 5/6 days of practice per week.
- Swimmers in this group are introduced to a more advanced dry land routine intended to build strength and endurance.
- Swimmers attend all meets recommended for the Senior 2 group on the team schedule.
- Time Goals – Junior Olympic, A, SWAGR, and Sectional standards.

Senior 1 Group (Ages 14 and older)

- Swimmers in this group have demonstrated a desire to train at the highest level to reach their full potential.
- Entrance into the Senior Group is by invitation only based on skill level assessment at a tryout.
- Practice offering of 6 days per week (M-Sat). Swimmers are required to maintain an 85% practice attendance.
- Swimmers further develop their dry land competency as a key component to building strength and endurance.

- Swimmers attend all meets recommended for the Senior group on the team schedule.
- Time Goals – Sectional, Futures, Junior National, National standards.

Group Placement and Advancement

The AquaSol coaching staff make all group placement decisions. Most of the group advancements happen in August, at the start of the new season.

Group placement involves several factors, and is always a decision that the coaching staff feels will best serve the individual swimmer. Training ability and technique, maturity, and commitment, as well as race speed are all factors considered in the decision-making process.

A cornerstone of the team philosophy at AquaSol is to consider the development of the swimmer, and how the training progression will best serve the longevity of that athlete so they stay in the sport and achieve their goals. Our group placement and advancement philosophy support our view of creating challenges, both athletically and emotionally, that are age appropriate.

Practice Information

Equipment

Cap - Upon joining the team, swimmers will receive a team cap. Swimmers that choose to wear a cap at practices need to wear a team cap. All swimmers must race in a team cap at meets. The team places a cap order annually in September. Families can purchase personalized team caps for their swimmers (first or last name only – no nicknames), or place an order for non personalized silicon or latex team caps. During the year if a swimmer needs a team cap, they can approach their team group coach. Caps are \$5 per latex cap, \$10 per silicon cap. This fee can be charged to your team account.

Suit – Swimmers must wear a suit designed for competitive swimming at practices and meets. No two-piece suits or long shorts are allowed. Swimmers are asked to compete in an AquaSol team suit at regular season meets. A TYR brand technical suit may be worn by those swimmers 13/older in Championship meets. The coaching staff will advise swimmers when a technical suit is appropriate for competition.

Goggles - Swimmers should wear competition style goggles. There are many different styles so ask your swimmer's group coach for a recommendation.

Practice Gear –Each practice group has a list of required equipment. You can find the list for your swimmer's training group, as well as a link to purchase items on our team website under Team Resources. We ask swimmers label ALL of their equipment with a black sharpie pen to avoid any gear mix-up.

Attendance

Each practice group has an attendance suggestion or requirement. Please check with the group coach regarding your swimmer's practice attendance requirements. Swimmers may only attend practices with their assigned group, on their assigned days, unless receiving approval by their group coach.

Practice Schedule

Please check the team website under Club Info for the current practice schedule.

Team Communication

Swimmer/Parent

Communication is a very important piece of our team. Direct any questions that pertain to your swimmer's training group to the lead group coach. If you wish to discuss a problem or an issue, please schedule a time to meet in person with your group coach. We ask that you do not approach the coaching staff during practice unless it is an emergency. Brief questions can be answered before or after practice. Direct any team administrative questions to Aimee Lehr, and any team policy issues to Darin Mai.

Darin Mai – (Seniors) – coachdarin@aquasolswimteam.com

Alan Rosenfeld – (Senior 2) – alanrosenfeld1234@yahoo.com

Aimee Lehr – (Junior) – coachaimee@aquasolswimteam.com

Brian Heise – (Junior 2) – brianheise11@gmail.com

Patty Sullivan – (Orange) – paul_sullivan@comcast.net

Team Website

Our team website is aquasolswimteam.com. Please explore the website as there is a

lot of information we hope will be helpful to families. The team handles all communication through email via the team website. Please make sure that the email(s) listed on your team account are accurate so you can receive this information.

Parent Responsibilities

Timing

AquaSol is assigned a designated number of timing chairs at all meets the team attends. Each family with a swimmer competing in the meet must have a representative sign up for a timing shift(s). Sometimes our meets are split session meets with older swimmers (13/up) competing in the morning, and younger swimmers (12/under) competing in the afternoon. Please make sure to sign up for the timing shift during the session which your swimmer is competing. If you are a family with swimmers in both sessions, there may be a need for you to sign up to time in each session. An email will be sent to families the week leading up to the swim meet with a link to sign up for a timing shift.

Officiating

Officials are critical to our team and an area where we always need more assistance. The team is required to provide a designated number of officials at each meet. If our team is not able to meet this requirement, our swimmers must compete as exhibition and are not eligible for points, awards, or to compete in finals. We currently have a shortage of officials and this is a huge area of need for our team. No swimming background is necessary – officiating is rewarding and a wonderful way to give back to your swimmer and our team!

AquaSol Hosted Meets and Activities

Meets - AquaSol generally hosts two meets per year; one in the fall, and one in the summer. Hosting a meet is a huge responsibility and we need support of the entire team. Each family is required to have a representative sign up for a job shift. This requirement stands even if your swimmer is not competing in the meet.

Activities – At AquaSol we pride ourselves in being a community of families who support one another which is the essence of our positive team culture. We plan several team activities during the year and ask families to support these by volunteering as needed by the coaching staff. Community service projects, practice group activities, and our annual Race Night are a few of the team activities that we need parent participation to run a successful program.

Parent General Information

Team Fees

Monthly Dues - Team monthly dues are automatically charged on the 1st of the month through the member TeamUnify account. The two forms of payment accepted are credit card and ACH. If you choose to pay your dues by credit card there is a 4% charge each month to cover transaction rates.

Annual Team Fee – Families are assessed an annual \$100 team fee each fall. This fee will be charged to the member TeamUnify account.

Meet Registration Fee – Each meet a swimmer attends will have a meet registration fee which is paid when the swimmer registers for the meet. The charge is a pool fee, and a per event charge.

New Swimmer Apparel Fee – New swimmers are assessed a \$100 apparel fee upon joining the team. Swimmers will receive two team T-shirts (orange and blue), a team cap, and a team suit.

Fundraising Fee – We ask that all families participate in team fundraising efforts as they arise during the season. We host an annual Race Night for swimmers which is our large fundraising event. It is critical to the financial fitness of the team to have successful fundraising events. Thank you for your support!

Facility Information

Practice Arrival/Departure – Swimmers should not arrive at practice earlier than 10 minutes prior to the start of their group time. All swimmers need to be picked up no later than 10 minutes after their practice group concludes.

Pool Deck – Please consider that the pool deck is the classroom for coaches and swimmers. If you choose to observe practice, please do so quietly on the grass area against the stone wall, or at the tables directly in front of the locker room. We ask that you not communicate with your swimmer during practice, or approach the coaching staff during practice, unless there is an emergency.

Parent Education

The team will host an annual meeting in the fall with valuable information about the team. We ask that a representative from each family attend this meeting. In addition, there is a parent education page on the team website that will be updated through the season with information from the coaching staff. We feel that parent support through education is a powerful piece of ensuring your athletes journey is a positive one.

Competition

Swim Meets

Each practice group has a recommendation for swim meet attendance. We encourage swimmers to attend all meets that are designated for their practice group. The team will post a meet calendar roughly three times per year with upcoming meets and activities. Swimmers may enter ONLY those meets on the calendar that AquaSol is attending. Meet offerings are roughly one weekend every 4/5 weeks. We encourage new families to read "Guide to a USA Swim Meet" under the Meet/Events tab on our team website prior to their first meet.

Meet Registration

It is the family or athlete responsibility to enter swim meets. Many swim meets have a maximum number of entrants allowed and it is highly suggested that families enter meets within 24 hours of the meet opening for registration. Meets generally open their registration approximately a month before the actual meet date. The team often will send an email announcing that meet registration is open, but families should also be checking the meet registration site. You can find the link to the meet registration website under the Meet/Events tab on our team website.

Swimmer Event Choice

AquaSol prides itself in being a team which encourages swimmers to become comfortable swimming all events. During regular season meets we ask swimmers to enter a variety of distances and strokes, including IM events, in their event choices. Usually we ask swimmers to enter 4 events per day of the meet. Championship meet registration is a bit different and we ask swimmers competing in these meets to communicate with their coaches prior to registration to discuss their events. Swimmers can reach out to their group coach with event choice questions for any meet on our schedule.

Uniform

We ask swimmers to wear an AquaSol team suit and cap at all swim meet competitions. Technical suits should not be worn during in-season meets. Swimmers 13/older should consult with their coaches regarding the appropriate time to compete in a technical suit. Swimmers 12/under should not be competing in technical suits.



Minor Athlete Abuse Prevention Policy

AquaSol

Effective: September 1, 2021

Table of Contents

Application of Policy	15
General Requirement	15
Definitions	15
Exceptions	16
One-on-One Interactions	17
Meetings and Individual Training Sessions	17
Electronic Communications	18
In-Program Transportation and Lodging	19
Locker Rooms and Changing Areas	20
Massages, Rubdowns and Athletic Training Modalities	21

THIS POLICY APPLIES TO:

In-Program Contact: Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions and/or summits.

Adult Participants: Any adult 18 years of age or older who is a:

- USA Swimming member, either athlete or non-athlete;
- Participating non-member (e.g., meet marshals, meet computer operators, timers, etc.);
- Authorized, approved or appointed by USA Swimming, Zones, Local Swimming Committees ("LSCs") or member clubs to have regular contact with (e.g., ongoing interactions during a 12-month period wherein the individual is in a role of active engagement) or authority over Minor Athletes; and/or
- Within the governance or disciplinary jurisdiction of USA Swimming, Zones, LSCs or member clubs.

GENERAL REQUIREMENT

USA Swimming Zones, LSCs and member clubs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents/legal guardians, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club or LSC, as applicable.

DEFINITIONS

Athlete: A USA Swimming athlete member.

Authority: When one person's position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person (e.g., when a power imbalance exists).

Dual Relationship: When an Adult Participant has a relationship with a Minor Athlete that is outside of the sport program. Examples of Dual Relationships include, but are not limited to, family members, mental health professionals, teachers, medical professionals and family friends.

Emergency Circumstances: A serious, unexpected and possibly dangerous situation that requires quick action and cannot be avoided. Emergency circumstances include, but are not limited to: a physical, mental or emotional medical emergency involving the Minor Athlete, relative of the Minor Athlete or relative of an Adult Participant; a Minor Athlete's suicidal ideations/behavior; a report of abuse; a severe weather event; and last-minute practice changes.

Electronic Communication: Includes, but not limited to, phone calls, emails, videoconferencing, video coaching, text-messaging and social media.

Event or Facility Under Partial or Full Jurisdiction: Includes any USA Swimming sanctioned event (including all travel and lodging in connection with participation in the event) or any facility that USA Swimming, Zones, LSCs or member clubs owns, leases or rents for practice, training or competition.

In-Program: Activities related to participation in sport. Examples include, but are not limited to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team-

or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Contact: Any contact (including communications, interactions or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to contact occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Massage: Any Massage involving an Adult Participant and any Minor Athlete(s) related to participation in sport. Examples include, but are not limited to Massage occurring at or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

In-Program Travel: Any transportation or travel involving an Adult Participant and any Minor Athlete(s) related to participation in sport authorized or funded by the Organization. Examples include, but are not limited to transportation or travel to or related to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops.

Massage: Any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

Minor Athlete: An athlete under 18 years of age who is a USA Swimming member or was a USA Swimming member within the previous 12 months.

Organization: Organization Name

EXCEPTIONS

[Note: Exceptions apply only where specified]

Close-In-Age Exception: In-Program Contact between an Adult Participant and a Minor Athlete is permitted if:

- a. The Adult Participant has no authority over the Minor Athlete; and
- b. The Adult Participant is not more than four years older than the Minor Athlete.

Dual Relationship Exception: An Adult Participant has a dual role or relationship with a Minor Athlete. This exception requires written consent of the Minor Athlete's parent/legal guardian at least annually.

ONE-ON-ONE INTERACTIONS

I. Observable and Interruptible

All one-on-one In-Program Contact interactions between a Minor Athlete and an Adult Participant must occur at an observable and interruptible distance from another adult, except:

- a. In emergency circumstances;
- b. When a Dual Relationship exists; and/or
- c. When the Close-In-Age Exception applies.

MEETINGS AND INDIVIDUAL TRAINING SESSIONS

I. Meetings

- a. Meetings between a Minor Athlete and an Adult Participant may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult.
- b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- c. Meetings must not be conducted in an Adult Participant or Athlete's hotel room or other overnight lodging location during In-Program Travel.

II. Meetings with Licensed Mental Health Care Professionals and/or Health Care Providers

If a licensed mental health care professional and/or health care provider meets one-on-one with a Minor Athlete at an Event or Facility Under Partial or Full Jurisdiction of the Organization in conjunction with participation, the meeting must be observable and interruptible by another adult, except if:

- a. The door remains unlocked;
- b. Another adult is present at the facility;
- c. The other adult is advised that a closed-door meeting is occurring although the Minor Athlete's identity does not need to be disclosed;
- d. The Organization is notified that the licensed mental health care professional and or health care provider will be meeting with a Minor Athlete; and
- e. The licensed mental health care professional and/or health care provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

III. Individual Training Sessions

- a. In-Program one-on-one individual training sessions outside of the regular course of training and practice between Adult Participants and Minor Athletes must be observable and interruptible by another adult, except:
 - i. When a Dual Relationship exists; and/or
 - ii. When the Close-In-Age Exception applies.
- b. The Adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/legal guardian at least annually, with a copy provided to the Organization Name, which can be withdrawn at any time.
- c. Parents/legal guardians must be allowed to observe the individual training session.

ELECTRONIC COMMUNICATIONS

I. Content

All Electronic Communication from Adult Participants to Minor Athletes must be professional in nature.

II. Open and Transparent

- a. If an Adult Participant communicates one-on-one with a Minor Athlete via Electronic Communications, the Minor Athlete's parent/legal guardian must be copied or included. If a Minor Athlete communicates to the Adult Participant privately first, said Adult Participant must copy or include the Minor Athlete's parent/legal guardian on any Electronic Communication response to the Minor Athlete. Adult Participants must only use Electronic Communication platforms that allow for Open and Transparent communication.
- b. The following exceptions apply to Section II(a):
 - i. In emergency circumstances;
 - ii. When a Dual Relationship exists; and/or
 - iii. When the Close-In-Age Exception applies.
- c. When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, said Adult Participant must copy another Adult Participant.

III. Requests to Discontinue

Parents/legal guardians may request in writing that their Minor Athlete not be contacted through any form of electronic communication by the Organization or by an Adult Participant subject to this Policy. The Organization must abide by any such request that the Minor Athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

IV. Hours

Electronic communications must only be sent between the hours of 5:00 a.m. and 9:00 p.m. local time for the location of the Minor Athlete, unless emergency circumstances exist, or during competition travel.

V. Prohibited Electronic Communication

- a. Adult Participants are not permitted to maintain private social media connections with Minor Athletes and such Adult Participants are not permitted to accept new personal page requests on social media platforms from Minor Athletes, unless the Adult Participant has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with Minor Athletes must be discontinued. Minor Athletes may "friend", "like" or "follow" the Organization's official page.
- b. Adult Participants must not send private, instant or direct messages to a Minor Athlete through social media platforms.
- c. The following exceptions apply to Section V:
 - i. When a Dual Relationship exists; and/or
 - ii. When the Close-In-Age Exception applies.

IN-PROGRAM TRAVEL AND LODGING

I. Transportation

- a. During In-Program Travel, observable and interruptible environments must be maintained.
- b. An Adult Participant must not transport a Minor Athlete one-on-one during In-Program Travel and must always transport at least two Minor Athletes or another Adult Participant, except:
 - i. In emergency circumstances;
 - ii. When a Dual Relationship exists;
 - iii. When the Close-In-Age Exception applies; and/or
 - iv. The Minor Athlete's parent/legal guardian has provided, at least annually, written consent for the Adult Participant to transport the Minor Athlete one-on-one, which can be withdrawn at any time.
- c. Adult Participants, including team managers and chaperones, who travel with the Organization must be USA Swimming non-athlete members of USA Swimming.

[Recommended]

Adult Participants who are parents/legal guardians of Minor Athletes must pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

II. Lodging

- a. An Adult Participant must not share hotel room, sleeping arrangement or overnight lodging location with an Athlete.
- b. During In-Program Travel, all In-Program Contact in a hotel room, sleeping arrangement or overnight lodging location between an Adult Participant and a Minor Athlete must be observable and interruptible.
- c. During In-Program Travel, when doing room checks, two-deep leadership (two Adult Participants should be present) and observable and interruptible environments must be maintained.
- d. The following exceptions apply to II(a), (b) and (c):
 - i. When a Dual Relationship exists, the Adult Participant is not a coach, and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement; and/or
 - ii. When the Close-In-Age Exception applies and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement.
- e. Minor Athletes should be paired to share a hotel room, sleeping arrangement or overnight lodging location with other Minor Athletes of the same competition category and of similar age.

III. Written Consent

A Minor Athlete's parent/legal guardian must provide written consent, at least annually, for all In-Program Travel and lodging during In-Program Travel, which can be withdrawn at any time.

IV. Meetings

- a. Meetings during In-Program Travel must be conducted consistent with the One-on-One Interactions section of this Policy (e.g., any such meeting must be observable and interruptible).
- b. Meetings must not be conducted in an Adult Participant or athlete's hotel room or other overnight lodging location during In-Program Travel.

LOCKER ROOMS AND CHANGING AREAS

- I. Requirement to Use Locker Room or Changing Area

The designated locker room or changing area must be used when an athlete or Adult Participant changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).
- II. Observable and Interruptible

All In-Program Contact between Adult Participants and Minor Athletes in a locker room, changing area or similar space must be observable and interruptible, except:

 - a. In emergency circumstances;
 - b. A Dual Relationship exists; and/or
 - c. The Close-In-Age exception applies.
- III. Private or Semi-Private Space for Minor Athletes

The Organization must provide a private or semi-private place for Minor Athletes that need to change clothes or undress at Events or Facilities Under Partial or Full Jurisdiction of the Organization.
- IV. Use of Recording Devices

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a Minor Athlete or an Adult Participant is prohibited.
- V. Undress

Adult Participants must not change clothes or behave in a manner that intentionally or recklessly exposes his or her breasts, buttocks, groin or genitals to a Minor Athlete under any circumstance. An Adult Participant must not request a Minor Athlete to expose the Minor Athlete's breasts, buttocks, groin or genitals to the Adult Participant under any circumstance. Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.
- VI. Showers
 - a. Adult Participants must not shower with Minor Athletes unless:
 - i. The Adult Participant meets the Close-in-Age Exception; and/or
 - ii. The shower is part of a pre- or post-activity rinse while wearing swimwear.
 - b. Parents/legal guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participants during In-Program Contact. The Organization must abide by such a request.
- VII. Monitoring

The Organization must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

 - a. Conducting a sweep of the locker room or changing area before athletes arrive;
 - b. Posting staff directly outside the locker room or changing area during periods of use;
 - c. Leaving the doors open when adequate privacy is still possible; and/or
 - d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.

Every effort must be made to recognize when a Minor Athlete goes to the locker room or changing area during practice and competition, and, if the Minor Athlete does not return in a timely fashion, to check on the Minor Athlete's whereabouts.

VIII. Parents/legal guardians in Locker Rooms or Changing Areas

If a parent/legal guardian enters a locker room or changing area, it must only be a parent/legal guardian of the same competition category and the parent/legal guardian should notify a coach or administrator in advance.

MASSAGES, RUBDOWNS AND ATHLETIC TRAINING MODALITIES

I. General Requirement

Any In-Program Massage performed on an athlete must be conducted in an observable and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

II. Additional Minor Athlete Requirements

- a. Written consent by a parent/legal guardian must be obtained in advance at least annually by the licensed massage therapist or other certified professional which can be withdrawn at any time.
- b. Parent/legal guardians must be allowed to observe the Massage, except for competition or training venues that limit credentialing.
- c. Any Massage of a Minor Athlete must be done with at least one other Adult Participant physically present and must never be done with only the Minor Athlete and the person performing the Massage in the room.
- d. Any Massage of a Minor Athlete must be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin or genitals are always covered. Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.
- e. [Recommended] Any Massage of a Minor Athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician's treatment plan.